

reduce the risk

CANCER RESEARCH UK



National Curriculum References for stay in shape activities

National Curriculum Reference	National Curriculum Strands <i>Pupils should be taught:</i>	Activities
Sc1: 2h	to make simple comparisons and identify simple patterns or associations.	KS1 Stay in shape activity 1: Breathing rate.
PE: 1b	to remember and repeat simple skills and actions with increasing control and coordination.	KS1 Stay in shape activity 2: Times ten activity circuit.
PE: 4a	how important it is to be active.	KS1 Stay in shape activity 3: Active stick figure pattern.
Art and Design: 1a	to record from first-hand observation, experience and imagination, and explore ideas.	KS1 Stay in shape activity 3: Active stick figure pattern.
PE: 4a	how exercise affects the body in the short term.	KS2 Stay in shape activity 1: Pulse rate.
PE: 4b	to warm up and prepare appropriately for different activities.	KS2 Stay in shape activity 1: Times twenty activity circuit.
PE: 4c	why physical activity is good for their health and well-being.	KS2 Stay in shape activity 1: Times twenty activity circuit. Stay in shape activity 3: Building strength, stamina and suppleness.
Music: 3c	how to improve their own and others' work in relation to its intended effect.	KS2 Stay in shape activity 2: 'Stay in shape' song.

SAFETY

All the activities outlined on this poster have been trialled with primary school children. When carrying out practical activities please follow school/area health and safety guidelines. Consult parents/carers before carrying out any activity that involves handling or tasting foods.